

Coping With Pain

Pain often gets in the way of physical activity.

Here are several tips you may find helpful:

- Talk with your healthcare provider about options for managing your pain better.
- Try to maintain a positive attitude, and make the most of every day.
- People can usually do some physical activity in spite of their pain. Activity often helps to loosen and warm up your muscles, which can help reduce pain.
- Exercise stimulates the body to produce natural pain killer substances.
- For people with joint and muscle pains, water exercise classes can be helpful. Classes are offered at many YMCA's or community centers or pools.
- Pacing is helpful in managing pain. That means only doing small amounts of activity at one time - spacing activities out so that you don't "overdo it." If you haven't been doing any exercise, be sure to start very slowly and gradually increase.
- Pain is often made better by doing relaxation exercises. Relaxation tapes are available at most bookstores or local libraries.
- Self-help books on managing pain are also available at bookstores and libraries.

